Who Hid The Dairy Products?

Objective:

 Students will be able to name different kinds of milk, cheese and yogurt.

Materials Needed:

- Pictures included in the lesson:
 - · Six types of milk or dairy products
 - Power Panther
 - Slurp
- Music
- Milk containers from school lunch room.



Learn:

Explain to the students that milk, cheese and yogurt are sometimes called dairy products. Ask students to name dairy products and write them on the board as they are said. Make sure to include the six pictures of dairy products included with this lesson (white milk, chocolate milk, strawberry flavored milk, yogurt, string cheese, cubes of cheese.)

Activity:

Tell students we are going to play a fun game today using dairy products.

This game is like "Who stole the cookie from the cookie jar?" but instead students will sing "Who hid the dairy products?", Students will form a circle on the carpet. Teacher picks one student to be the "Questioner". The questioner's job is to sit in the middle of the circle with his/her eyes closed. Randomly pass out the six dairy product pictures to the students in the circle. Not every student will get one. When the teacher turns on the music, students will pass the pictures around the circle. When the music stops the person with each of the pictures will hide it somewhere in his/her space (ex. Sit on, place behind, etc.) so the questioner is not able see the dairy products. As soon as the pictures are hidden the teacher will instruct the questioner to open his/her eyes. Now all students will sing "Who hid the diary products?" and the questioner responds with hid the dairy products. Then that person would reply with no, I did not hide the dairy products, but my favorite is... or yes I hid the (cheese, yogurt, milk) and my favorite is... The game continues until the questioner finds all the students who have pictures of

milk or dairy products. They then trade places and the

Continued on back

game starts again.

Reflect:

Have students name the milk or dairy products that were used in this activity. When students name a dairy product, ask them to name as many different kinds as they know. For example, if a student names yogurt, have him name different flavors of yogurt. If students name milk have them name the different types of milk.

Apply:

Explain to students there is another way to sort kinds of milk — skim or fat-free, 1%, 2%, and whole. In the graocery store, we may see different lid colors or different colored cartons to tell us the difference in fat content of milk. Explain to the students that kids their age should choose fat-free or 1% dairy products. Power Panther and Slurp drink low-fat (1%) or skim/fat-free milk at their house. Show the different milk containers from the school lunchroom. Identify the skim/fat-free or low-fat containers to choose most often for a healthy diet.

Extend The Activity:

Math:

Read the book *The Sundae Scoop* by Stuart Murphy and have the children explore how many kinds of yogurt sundaes can be made with six different ingredients. Use multiple pictures of two kinds of yogurt, two kinds of fruit and two kinds of toppings (granola or other types of crushed cereal, crushed graham crackers) and have the children lay out different combinations of three ingredient sundaes until they can no longer think of a new combination.

Language Arts/Reading

Read *Thanks to Cows* by Alan Fowler. Photographs and text explain how milk from cows becomes food we drink and eat.

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